FORWARD MOMENTUM: SET GOAL * ACHIEVE * NEXT GOAL

Semper Fit

Health Promotion Brief

Step back

Imagine the possibilities

Create the plan

Enjoy the process

elish the outcome

What is a Goal?

- A Skill / Skill Set that You Want to Obtain
- A Purpose or Intent
- A “specific, measurable, time-bound end toward which you direct specific effort until achieved”

Factors that Influence Goal Choices

- Background
  - Family
  - Habits
- Environment
  - Work place
  - City / State / Country
  - “Group Think”
- Perception
  - Guiding Principles of Our Lives
  - What We View as Important & Worthwhile

Your Turn

- Write down:
  - Expectations of the family you grew up in
  - Expectations of your current family
  - Expectations of your friends
  - Expectations of your co-workers
  - Your own expectations for yourself
    long-term & short-term

Explore

- Is it really MY goal?
- Are my short-term goals consistent with my long-term goals?
- Can I commit myself to completing the project?
- Can I visualize myself reaching this personal goal?

YOUR TURN

- Write as many personal goals as you can
- Review the list
- Separate into long-term & short-term
- Pick 1 from each list to work with for the rest of the presentation
- Write your 1 long-term goal down at the top of a blank sheet of paper
- Write your 1 short-term goal down at the top of another sheet of blank paper

More Influencing Factors

- Complexity
  - How hard is this task?
- Experience
  - Have I ever done something like this before?
- Guidance
  - Do I have access to a teacher / mentor?
- Confidence
  - Can I really accomplish this?
- Feedback
  - How will I stay motivated & know when I reach the goal?

Why Set Goals?

- Direct Attention
- Mobilize Effort
- Increase Performance, Persistence, Confidence & Satisfaction
- Motivate Strategic Planning

"Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals."
Aristotle

Another Why: Brain Rewire

- Brain's Reward Center
  - Dopamine = neurotransmitter that regulates movement, emotion, thinking, motivation & feelings of pleasure
- Reward Centers can be Rewired

"The bottom line for motivation is reward. Some kind of reward – whether it's a gain or a loss – is behind all behavior."

Zig Ziglar

YOUR TURN

- Do you reward yourself for achieving goals now?
- How?
- Write out positive rewards
- Pick 2 rewards for each of your written goals & write them on the pages

How? The SMART Model

- **Specific:**
  - **Goal is concrete, clear and well-defined**
- **Measurable:**
  - **Results can be tracked**
- **Attainable:**
  - **Results can be achieved in a specific timeframe**
- **Realistic:**
  - **Resources are available to implement the desired change in the present**
- **Timely:**
  - **A specific deadline is set**

Tips for Effective Goal Setting

- **Positively Motivated**
  - **Moving *towards* a positive vs. *away* from a negative**
- **Aligned with Individual**
  - **Perceived as important to the goal-setter**
- **Challenging**
  - **Difficult but realistic – Nothing good is easy**
- **Supported by Others**
  - **"Buddy System" or some form of accountability / feedback in place**

"Many people fail in life, not for lack of ability or brains or even courage but simply because they have never organized their energies around a goal."
Elbert Hubbard

YOUR TURN: Pause Here

- Using the S.M.A.R.T. model and the tips for effective goal setting, re-write your long-term goal and your short-term goal
- Within the next 3 days:
  - Create a visual representation of the 2 goals (pictures, motivating quotes, etc.) &
  - Post it in a highly visible location

10 Rules of Goal Setting

1) Be Decisive
2) Stay Focused
3) Write Your Goals
4) Plan Thoroughly
5) Involve Others
6) Welcome Failure
7) Take Purposeful Action
8) Inspect What You Expect
9) Reward Yourself
10) Maintain Personal Integrity

"Each decision affects what you become. We form our decisions and our decisions form us."
Gary Ryan Blair

“I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.”

Michael Jordan

“Let me tell you the secret that has led me to my goal: my strength lies solely in my tenacity.”

Louis Pasteur

“My philosophy of life is that
if we make up our mind
what we are going
to make of our lives,
then work hard toward that goal,
we never lose –
somehow we win out.”

Ronald Reagan

Questions?

Points of Contact

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